

CANNABIS AND YOUR BABY

pregnancy & breastfeeding

If you're using cannabis and are pregnant or are planning to become pregnant, talk to your prenatal health care provider.

- Cannabis is natural but not all natural substances or plants are safe... think about lead, tobacco, and poisonous berries as examples.
- If you are using cannabis to treat other medical conditions during your pregnancy, talk to your prenatal health care provider about alternative treatment options.



There is no known safe amount of cannabis use during pregnancy.

Cannabis can reach your baby in three ways:

- through your bloodstream during pregnancy
- through your breastmilk
- through secondhand smoke that enters the baby's lungs

Any form of cannabis may be bad for your baby. This includes, but not limited to:

- edibles and drinks
- creams or lotions applied to skin
- smoking/vaping
- dabbing

Experts such as the American College of Obstetrics and Gynecologists and the American Academy of Pediatrics, recommend against using any type of cannabis (including CBD and hemp products) while pregnant or breastfeeding.

Research is ongoing, but studies show that cannabis use during pregnancy may be harmful to a baby's health. This may cause a variety of problems including, but not limited to:

- fetal growth restriction (when a baby doesn't gain the appropriate weight before birth)
- greater risk of still birth
- preterm birth (being born before 37 weeks of gestation)
- low birth rate
- long-term brain development issues affecting memory, learning and behavior



Pumping & Dumping does not work.

- THC is stored in fat and breast milk contains a lot of fat.
- Any amount of THC in your system can enter your baby's body through your milk.
- THC has been found in breast milk for up to six days after the last recorded use.
- This can lead to health problems, and even harming their brain development.